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Positivity and The Mind

The mind has been said to be the most powerful tool on earth. The mind controls an individual’s responses, thoughts and the future outcomes of one’s life. The mind has the ability to see in vivid color different events, past, present, and potentially future. With so much power contained in the endless maze of the mind, what is the most effective use of this infinite tool? In other words what is the most powerful mindset to adopt? Positive, negative, gratitude based, or maybe another combination of all three. Your mindset choice can truly effect your personal health, success, and over all happiness. Just remember it is a choice what we think about and how we see our thoughts.   
 Let us begin with observing the possible benefits of having a negative mindset. According to youbeauty.com people with a more pessimistic view of life, live longer lives. The reason being is that such individuals are more careful in general thus avoiding health and other risks. These individuals recognize the reality of their personal dangers and often take fast action to avoid such risks.  
  Further more others argue that high hopes can lead to high disappointments. Individuals who are overly positive in thinking can be smashed by the hammer of reality as financial, familial, professional, and health problems unexpectedly arise. On the contrary, pessimists are said to expect these issues and thus are only affected by the event it's self and not the smashing of hope. Pessimists learn faster to deal with the various problems of life because such problems are more expected (Wilcox).   
 The character Pollyanna, form the book "Pollyanna" by Eleanor Porter, may not have know the resounding effects of positive thinking when she said:“... there is something about everything that you can be glad about, if you keep hunting long enough to find it”(Porter).  Researchers have found time and time again the wonderful effects of positivity on the human mind. Micheal F. Scheier who is a physiologist at the University of Cambridge has dedicated and extensive research to studying the power of positive thinking. Scheier has found that individuals who have a generally positive outlook on life are not smashed down by crushing blows of reality, but are actually quicker to adapt to and recognize failure or mishap as a learning experience. These individuals are quick to make life’s course corrections to avoid future problems. I personally find it important to be grateful for trials and short comings, because when overcome, such trials can become priceless moments of real-life instruction. In contrast to this, negative thinkers see failure as result of personal flaw allowing themselves to wallow in self-pity (Goleman). I never like pity parties because I am always the only one that shows up and by the end of a pity party I repulse my true confidant self and am left only with a sad likeness of me.

Believing that simple positive thinking and visualization will somehow change the outcome of your life and performance sounds crazy. Before drawing any conclusions for yourself on the sanity of such notions choose to consult with the professional athletes and highly successful of this world. I argue that in observing the lives of the super successful a person will find time and time again a positive mind driving the train of personal success. Jack Canfield, in his book "The Success Principles" recounts this example that illustrates the power of positive visualization. Peter Vidmar is the highest scoring American gymnast in history, with the Olympic medals to prove it. Peter and one other team mate would mentally practice their gold medal winning runs at the end of each daily practice in an empty gym. Peter would lie on the mats as his team mate would announce from the corner of the room Peters high bar routine as if Peter were in an Olympic stadium surrounded by ten thousand fans. Peter would then imagine every last detail of a perfect routine, to the very end where he would take his place on the medal stand with gold around his neck. Over and over again this mental exercise would repeat it’s self for Peter as he prepared for the 1984 summer Olympics in Los Angeles. When it came time to make his imagination a reality in Los Angeles, Peter described the Olympic setting to be exactly as he had imagined. Peter had trained his mind though positive visualization to prepare for this moment, and his training paid off as he stuck a perfect run to win the gold that day and numerous other medals in his career. Peter gives much credit for his legendary success to simple positive visualization (Canfield).  
 I personally believe that positivity and proper visualization of our goals will cause us to have a more effective and happy life. The trick to all of this is how disciple a mind. How can a person go from a "Negative Nancy" to a "Positive Pollyanna"? The answer is diligent mental effort and constant reminders of the goal. I personally have adopted specific habits, positive phrases that I repeat to myself, and the setting of giant realistic goals. I challenge all to make a conscious effort to be positive and apply positivity through visualization, goal setting, and hard work. Though simple the recipe may be the rewards are complex and wonderful because

“... there is something about everything that you can be glad about, if you keep hunting long enough to find it”(Porter). If I may add, and when you do find it take hold and act on the opportunity.

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